

# Mansfield Monthly



## HOW TO ENJOY THE 2020 HOLIDAYS AND REMAIN SAFE

Hopefully, everyone had a great Thanksgiving! For this month, we are going to add onto some ideas shared by our partners over at Anthem! Reach out if you're curious to learn more about anything discussed and how you can improve your personal health and wellness heading into the New Year!

### Prepare for a Different Holiday Season

This year is challenging but keep in mind that we'll hopefully be back to normal during the 2021 holidays. Think about extra precautions you can take this year for any in-person gatherings and even incorporate some kind of virtual celebrations with extended friends and family. Try thinking of a unique way to make this year's holidays special and memorable amidst the differences we face this year.

### Stay Active

There is always something we can do, even if there are limitations with our usual gyms or places for activity. Sign up for virtual fitness classes, personal training or nutrition services. Use some of the extra time you might have to invest in yourself and achieve some goals that might be more difficult when everything is open and busier.

There are always options to be active such as: walking, hiking, biking, yoga, mobility work, yardwork, activities with family, etc. Exercise has been clinically shown to improve our moods. There's no better time to include some extra mood-boosting activities! Many of us are stuck behind phone and computer screens even more than normal right now, commit to time away from these things and prioritize physical activity.

### Stay in Routine

Get to bed and wake up around the same time daily, even if your schedule is different. Your body will feel more rested and ready to perform if you're on a consistent sleep schedule. Get dressed by a certain time each morning if working remotely. Even though staying in our pajamas all day sounds comfortable, it can be difficult to feel as motivated when you wear

The same clothes you wore to bed the night before! Monitor your self-talk and personal thought patterns. Reframe any thoughts in a more positive manner and spend more time thinking about all of the positive things going on in your life right now.

We talk to ourselves all day long, make those internal conversations count! If you're having a hard time staying positive with anything, seek out a mental health counselor or talk to your primary care physician. Download the "Sydney Health" app from Anthem to take a look at all of the resources available to you!

### Outdoor Winter Safety

- Avoid over-exerting yourself while shoveling snow this year. The extreme cold puts extra strain on your body and heart. Take intermittent breaks as needed, have someone help, and pay attention to how your body feels. Shoveling snow is also a great workout, just take extra precaution in the extreme conditions!
- Watch out for ice. It can be extremely hard to see and obviously slippery. Have some salt or other melting solutions on hand for areas you know get especially icy around the outdoor areas of your home.
- Stay hydrated outside! Even though the weather is cold, we still lose a lot of fluids during the winter! We even lose bits of fluids throughout the day as we exhale. So, when you're outside and "see your breath," use that as a reminder that you need to be drinking more fluids throughout these winter months.

### Vehicle Safety

Don't wait for our first snowstorm to hit before stocking your vehicle up with the necessary tools for cleanups or emergencies. Things such as: kitty litter or sand if you get stuck, blankets, jumper cables, ice/snow scrapers and brushes, water, food, medicine or anything else that can withstand the temperatures!

## TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

### \*\*PERSONAL WELLNESS SESSION

If you have a personal wellness goal you're working towards and would like to setup an in-person or remote coaching session with Be Well, send a message to: [cummingsb@mansfieldct.org](mailto:cummingsb@mansfieldct.org).

These personalized coaching sessions are free and available to all Be Well participants so we can best help you achieve health/wellness goals important to you as an individual. Let us know if you're interested and we'd be happy to schedule some time to put together a strategy for you.

Stay up to date with Community Center News: <http://mcc.mansfieldct.gov/CivicAlerts.aspx?>

### **MCC Temporary Change to Operational Hours:**

<http://mcc.mansfieldct.gov/CivicAlerts.aspx?AID=526>



### BE WELL NEWS

Please click [HERE](#) for the December Wellness quiz that will count towards end of year Rewards!

#### **End of Year Rewards!**

If participating in the Be Well rewards program make sure to log into [bewellmansfieldct.com](http://bewellmansfieldct.com) and Join Now to record activities you have completed in your tracker so we can make sure you are paid out appropriately at the end of the year!

**DEADLINE: Tuesday, December 8th**

### MCC Updates

#### **Tour of Holiday Lights Sign up**

<https://www.signupgenius.com/go/10c0d49aaa62fa4f5ce9-atourof>

#### **Nutcracker Production:** <http://mcc.mansfieldct.gov/1619/Nutcracker-Production-2020>

**Story and Adventure Time Gingerbread Making for Kids (Free – and in collaboration with library)**  
<https://web1.vermontsystems.com/wbws/ctmansfieldwt.wsc/search.html?module=ar&primarycode=230006>

### Simple Nutritious Recipe

#### **Apple Crisp Oats**



### Ingredients

- 40g old fashioned oats (mix with water and heat 1.5-2 min)
- 75g chopped apple
- 1 cup Vanilla Greek Yogurt (Oikos Triple zero used here)
- Add ground cinnamon to taste preferences

(Keep yogurt to the side and use as topping with the warm oats to mimic cold whipped topping on traditional desserts)

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

